



# 2018



## Victoria University Secondary College

# Sports Academy

A large, stylized leaf graphic in grey and yellow, with a series of teal circles of varying sizes arranged in a curved path to the left of the text, is positioned behind the "Sports Academy" title.



## The Victoria University Secondary College (VUSC) Sports Academy

has been implemented to support our community's growing demand for a program which provides pathways and opportunities for our students in sport. It is recognised that Sport, Health and Physical Education play an important part in an individual's holistic growth and development. The Sports Academy provides specialised and individual support for students to develop in their skills, athleticism and personal growth, with opportunities to access pathways for further sporting success.

As young athletes develop they are no longer challenged in their normal Sport or PE class and need further challenges to enable their development (strategically, tactically and physically). This can be achieved through providing our student athletes with a differentiated learning environment within the Sports Academy; an educational climate where the education needs and wants of the student athlete are adapted to their level and pace of learning.

### ***VUSC Sports Academy Motto: The Pathway to Sporting Success, through Sporting Excellence***

The aim of the Academy is to encourage positive educational outcomes for male and female students by means of sport and recreation.

#### **VUSC Sports Academy student athletes have access to:**

- An engaging curriculum and programs
- Programs that foster students' development and encourages social growth
- Access to the college's fully equipped weights, boxing and circuit rooms, including an outdoor fitness equipment area at the Junior Campus
- Strong partnerships with community organisations i.e. sporting clubs, universities, schools, State Sporting Organisations (SSO)
- Support for student athletes to attend and participate in higher competitions, with a particular focus on emerging athletes and junior development
- State of the art video analysis technology which will enhance and empower students via interactive learning with students and coaches, providing a competitive edge to our students
- Elite level experienced coaching staff, whose knowledge, expertise and professional experience will greatly enhance student development.

The VUSC Sports Academy is complemented by School Sports Victoria programs. The College has adopted a whole-school sport approach with a focus on enhancing sporting participation and pathways for the benefit of health and wellbeing, productivity and social inclusion as well as sporting success.

### **Scholarships**

Scholarships are offered to students within and outside the school for entry at Year 10 or Year 11 into the Rugby League Academy. Scholarship brochures and application forms are available at the Junior and Senior Campus offices or on our website at [www.vusc.vic.edu.au](http://www.vusc.vic.edu.au). Selection is via application and interview. The scholarship is valued at \$450 and can be used to cover elective fees, essential items and books. All scholarships are offered for two years and reviewed annually. Scholarships are subject to withdrawal in the second year if a student does not adhere to, or uphold, the College's Vision and Values.

## Rugby League Academy

Our college is fortunate to have a strong partnership with the Melbourne Storm Rugby League Club whose coaches work with our students and specially trained staff in the Rugby League Academy. The Academy is a select entry program offered to Year 10-12 students. Selection is made via application and interview.

The focus of the academy is to increase students' skills and knowledge of the games to perform at the level required to gain selection into the representative teams of professional sporting clubs. Students are able to receive an insight into how a professional athlete gains selection and progression through the grades. They are able to interact with our college's specialist coaches and rugby professionals from Melbourne Storm, including strength and conditioning coaches and high performance coaches.



Rugby League Academy students have access to a variety of coaching staff, who have had experience working with rugby league teams across all levels. In particular, Victoria University Secondary College's Rugby League Coach is the current Australian U/18 Schoolboys Coach and ex Melbourne Storm Development Coach, Tony Adam. His knowledge, expertise and professional experience are instrumental in enhancing students' development.

## Athlete Development Program

The Athlete Development Program is a select entry program for students in Years 7-12. Selection is made via application and interview.

The Program provides an opportunity for students to improve their strategic, tactical and physical skills through a specialised fitness development program.

The program includes topics such as goal setting, time management, diet and nutrition and individual performance analysis to better equip our student athletes with the tools they require to reach their full potential. Students from a variety of sporting fields are encouraged to apply for this program.



## Sport Leadership Program



The Sport Leadership Program is a select entry program which provides opportunities for students in Years 9-12 to improve their leadership skills and increase their employability in the sport coaching field, through a School Sports Victoria (SSV) supported and accredited initiative called Sport Leadership Award. Students receive training as part of the course and then go on to coach and mentor young athletes in local primary schools to increase sport participation levels.

Strong partnerships with SSV, primary schools and the Victorian Institute of Sport provide our students with a kickstart into the coaching field, via hands on experience. Selection for the Sport Leadership Program is via application and interview.



## **Netball Development Program**

The Netball Development Program is offered to all students in Year 7 – 12.

The aim of the Netball Development Program is to provide a responsive training environment that allows aspiring young netballers to access quality development opportunities and support as they progress through their netball pathway. The program targets athletes from ages twelve to eighteen.



Players benefit from:

- Access to Victoria Universities Secondary College's fitness gym and gymnasium
- Specialised fitness testing with Victoria University tertiary students
- Self-motivated and specific training sessions+
- Partnership with St Albans Netball Club

**Enquiries:**      **Ms Abbey White**  
                         **Netball Coach**  
                         **Tel: 8312 0200**

## **Soccer Development Program**

The Soccer Development Program is offered to all students in Year 7 – 12. Students participating in our Soccer Development Program will have the opportunity to work with players and coaches from the National Premier League (outdoor soccer) as well as international futsal players (indoor soccer) who offer their time and support to the college.



Students who have not played soccer before will have the opportunity to develop their skills in a supportive environment. The focus for these students is to develop and improve their fundamental skills, game sense and technical knowledge of positioning. Students who are more advanced are challenged through different drills that target pattern play, structure, decision making and strategy, transitioning and finishing. Training sessions are a mixture of both soccer and futsal as each help improve the other. These training sessions will ensure all students are challenged and will see improvement in their game.

**Enquiries:**      **Ms Carlè Rooks**  
                         **Soccer Coach**  
                         **Tel: 9363 1155**

## **Vocational Education and Training (VET)**

Vocational Education and Training (VET) courses provide an opportunity for students to gain a nationally recognised vocational qualification as part of either the VCE or VCAL Certificates.

VUSC delivers two VET Certificates in Sport and Recreation:  
Certificate III in Sport and Recreation — Fitness Focus  
Certificate III in Sport and Recreation — Rugby League Focus

Students who participate in the Sports Academy may elect to complete one of the above VET Certificates in Years 10-12 to provide them with a nationally recognised qualification in the Sports industry.

## **Annual Fees and Inclusions**

As participation in the VUSC Sports Academy is not a compulsory requirement, students involved in various Academy programs will be required to pay a fee to cover the cost of running the various programs. This will be specific to the sport program the student athlete is involved in and will vary across each sport.

The fee will cover course requirements and contributes towards payment for competition and travelling costs within Victorian based competitions. All successful Academy Student Athletes will receive their sport specific training uniform and other relevant resources as part of their induction into the Academy.

Students who are accepted into their Academy program are required to pay a minimum 50% deposit by the end of Term 4 this year with the remaining balance to be paid by the end of Week 4, Term 1 2018.

Rugby League Academy Fee: \$250 per year  
Athlete Development Program Fee: \$60 per year  
Soccer Development Program Fee: \$60 per year  
Netball Development Program Fee: \$120 per year

**Note: If you require financial assistance, please contact our College Business Manager, Kerri Trevaskis on 8312 0200 to discuss a payment plan or how to access the Camps, Sports and Excursions fund.**

## **Ambulance Cover and Student Accident Insurance**

The College strongly recommends that families take out ambulance cover and student accident insurance for their child in the event of an emergency while playing sport.

## **How to Apply**

Students who are interested in applying for entry into the Rugby League Academy, Sport Leadership Program or Athlete Development Program must complete a VUSC Sports Academy application form and return it to the College by 1<sup>st</sup> September 2017.

Application forms are available at the College, on Compass or on our website at [www.vusc.vic.edu.au](http://www.vusc.vic.edu.au).

**Enquiries and questions:**      **Mr Tony Adam**  
   **VUSC Sport Program Development Manager**  
   **Ph: 8312 0200**